

Carbohydrates

Artichoke	Lettuce	Cabbage	Pumpkin	Garlic	Spinach
Arugula	Lime	Cauliflower	Radicchio	Green beans	Squash
Asparagus	Mushrooms	Celery	Radish	Jicama	Tomato
Berries	Okra	Chia Seeds	Rhubarb	Kale	Watercress
Bok choy	Onions	Chicory Greens	Scallion	Leek	Wax beans
Broccoli	Parsley	Cucumbers	Shallot	Lemon	Zucchini
Brussels sprouts	Peppers	Eggplant	Snow peas		

Proteins

Bass	Beef	Lamb	Quail
Carp		Mackerel	Salami
Chicken		Mussels	Salmon
Crab		Oysters	Sardines
Duck		Pancetta	Shrimp
Eggs		Pepperoni	Trout
Flounder		Pheasant	Tuna
Goose		Pork	Turkey
Halibut		Pork rinds	

Fats

Almonds	Cream cheese	Macadamia Nuts
Avocado	Dark chocolate (≥ 80%)	Olive oil
Beef tallow	Fish oil	Pecans
Blue cheese	Flax Seeds	Pili nuts
Brazil nuts	Greek yogurt (plain, full-fat)	Sour cream
Butter	Hazelnuts	Sunflower Seeds
Cheese	Heavy cream	Walnuts
Coconuts	Lard	

Sweeteners

Stevia	Erythritol	Xylitol
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